



Preventing the spread of Influenza & Courtesy in the Cafeteria

**Safety Topic of the Month
Richmond Refinery**

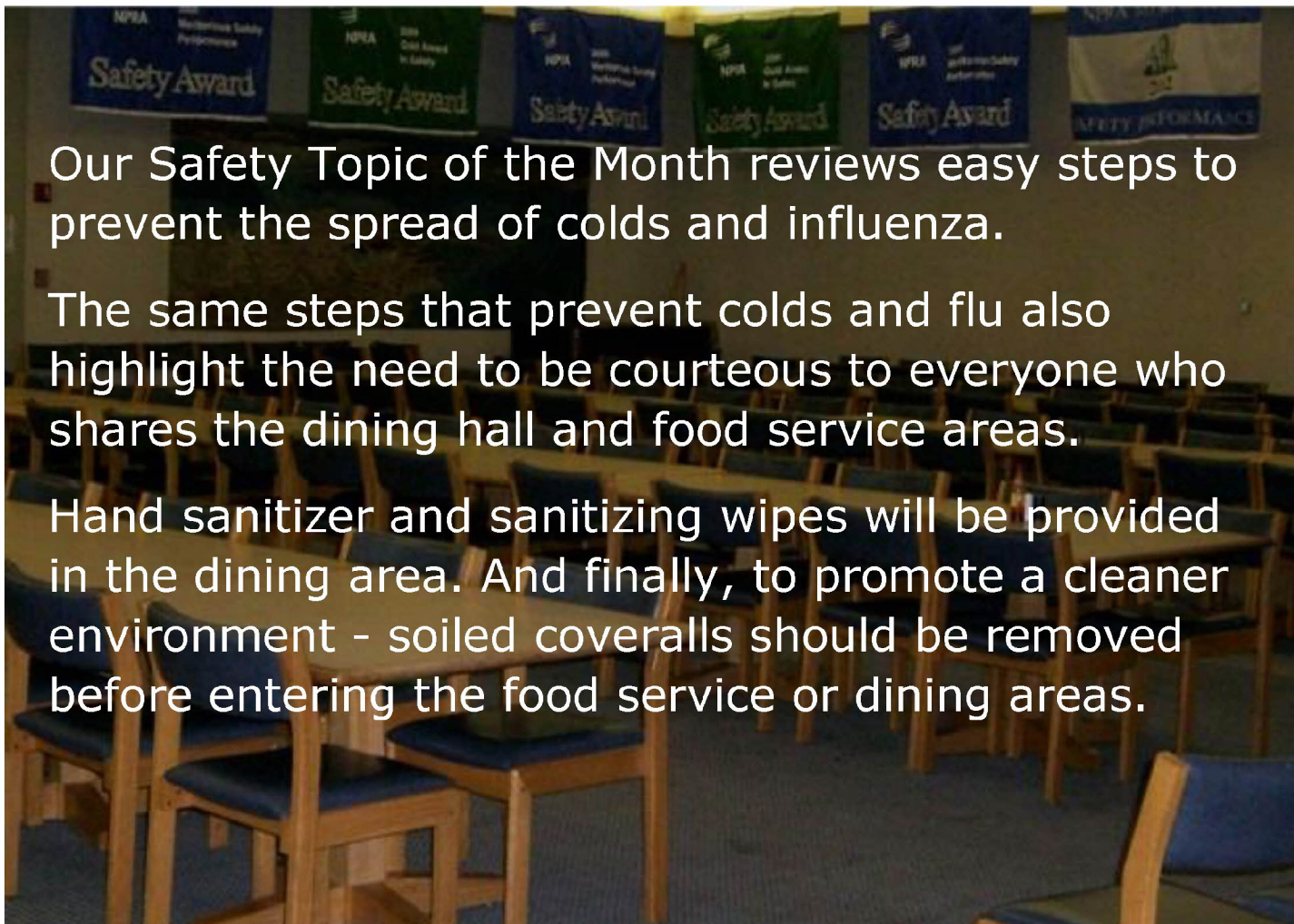
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The Cold and Flu Season

Our Safety Topic of the Month reviews easy steps to prevent the spread of colds and influenza.

The same steps that prevent colds and flu also highlight the need to be courteous to everyone who shares the dining hall and food service areas.

Hand sanitizer and sanitizing wipes will be provided in the dining area. And finally, to promote a cleaner environment - soiled coveralls should be removed before entering the food service or dining areas.



What is Human Influenza?

- ❖ Human Influenza (flu) is a serious respiratory illness caused by a virus.
- ❖ The virus usually enters the body through mucus membranes in the mouth, nose, or eyes when an infected person coughs or sneezes.
- ❖ Symptoms include high fever, headache, muscle aches, cough, sore throat, stuffy or runny nose, chills and fatigue.
- ❖ Vaccine is the best way to prevent influenza and should be your first line of defense against flu. In some situations, antiviral drugs might also be useful.

The Flu vs the Common Cold

- In general, flu symptoms are more severe than cold symptoms
- The flu usually starts very suddenly with a high fever, chills, body aches and tiredness

Symptoms	Flu	Cold
Fever	Usual, high (100-102°F), sometimes higher – especially in young children; lasts 3-4 days	Rare
Headache	Common	Rare
General Aches, Pains	Usual; often severe	Slight
Fatigue, Weakness	Usual, can last up to 3 weeks	Sometimes
Extreme Exhaustion	Usual, at the beginning of the illness	Never
Stuffy, Runny Nose	Sometimes	Common
Sneezing	Sometimes	Usual
Sore Throat	Sometimes	Common
Cough	Common, can become severe	Common, hacking
Chest Discomfort	Common	Mild to moderate

How is the influenza virus spread?

- Direct spread from person to person from respiratory droplets of coughs and sneezes
- Indirect spread when a person touches an object contaminated with the virus (door handle, keyboard, table top or chair surface) and then eats lunch or touches their eyes, mouth or nose before washing their hands.



Avoiding Exposure: Hard Surface Hygiene for Work and Home

- Use a disinfecting wipe to clean surfaces of common areas such as door handles, phones, keyboards, tables, chair surfaces, or tools.
- Wash your hands after cleaning hard surfaces.
- Always wash your hands prior to touching your face or eating.



Avoiding Exposure: Managing in Social Settings



Unprotected coughs and sneezes when you have the flu or a common cold can infect others around you:

- Cover your nose and mouth with a tissue or surgical mask when coughing or sneezing.
- Sneeze into your sleeve instead of your hands to minimize spreading to others.
- Distance yourself by at least one meter from others when sneezing or coughing.
- Wash your hands with soap and warm water or alcohol based hand cleaner frequently.

Contain Your Coughs and Sneezes



Follow these steps to prevent the spread of influenza and germs:

- Cover your coughs and sneezes with a tissue or surgical mask and discard after use.
- Sneeze into your sleeve instead of your hands if tissue or masks are not available.
- Distance yourself from others by at least 1 meter when coughing.

Tips for Preventing the Spread of Influenza During Flu Season

If you have the flu, you should:

- Rest, drink plenty of fluids and call your health care provider with any health concerns.
- Wash your hands frequently with warm water and soap.
- Minimize visitors to your home.
- Stay home from work and out of public places if:
 - You have a sudden onset of respiratory illness AND
 - A fever greater than 100.4° F/38.0° C AND
 - A cough AND
 - One or more of the following: sore throat, joint aches, muscle aches or weakness



Cafeteria and Food Service Area:

As a courtesy to others:

Please do not wear soiled coveralls, hardhats, or bring tools into any area where food will be served or consumed.



Hooks are provided in the lobby area

- It only takes a few moments to removed soiled coveralls.
- Hard hats should be placed on the racks above the hooks.
- No tools should be taken into the food service area or into the cafeteria.



Sanitizing towelettes



In order to give people an opportunity to clean their chairs and table space before sitting down (or after eating) sanitizing towelettes will be on each table.

Hand sanitizer will also be available in the cafeteria.

Please help yourself.

A courtesy to others and to promote good hygiene



As a reminder, we will be posting signage describing the request to remove soiled coveralls before entering the food service area or the cafeteria seating area.

If you are in the food service area or the cafeteria wearing soiled coveralls, you may be asked to leave.

